



**LIMITED TIME
SPECIAL OFFER
INSIDE**



Rugby Academy

ROSCREA

**Venue - Cistercian College
Sun 5th – Fri 10th July 2020**

Player Development Focus

Pro Coaching Excellence

Leading Rugby Venue

World Class Partners

psaacademies.com/roscrea

#maximiseyourpotential

We Are PSA Academies

“We’re delighted to be back in Roscrea for our 3rd high-performance Rugby Academy programme in July 2020. With plenty of new additions in terms of coaches, content, partners & activities, we are looking forward to delivering our best player-focussed development experience for 10-16yrs players yet!”



Johnie Murphy
Rugby & Sales Director
Ex-Munster &
Leicester Tigers Player



2020 Dates

Minis (M 10-11yrs) Boys

Residential - 5pm Tues 7th to 5pm Fri 10th July

Non-Residential – 9am to 5pm daily,
Weds 8th to Fri 10th July.
(8.30am check in Day 1)

Intermediate (INT 12-14yrs) /Advanced (ADV 15-16yrs) Boys

Residential - 5pm Sun 5th to 5pm Fri 10th July

Non-Residential – 9am to 5pm daily,
Mon 6th to Fri 10th July.
(8.30am check in Day 1)

Specialist Areas Covered

Core Skills Assessment & Development

Full Player Development Report

Positional Play

Game Management

Speed, Agility & Quickness (SAQ)

Strength & Conditioning

Technical Analysis – GPS etc.

Sports Nutrition

Mental Resilience

Injury Prevention

Fitness Assessment & Planning

Personal Development

Fun Social Activities

Prices

Minis 3 Nights Residential

Full Price €269

Minis 3 Days Non-Residential

Full Price €205

INT/ADV 5 Nights Residential

Full Price €445

INT/ADV 5 Days Non-Residential

Full Price €339

What's included

Residential – 3 nights supervised, shared full board accommodation for Minis or 5 nights for INT/ADV players, transfers if required from Roscrea town central transport stops, all rugby & leisure activities plus the PSA Rugby Academy Player Pack & Player Development report.

Non-Residential – 3 days of rugby & leisure activities for Minis or 5 days for INT/ADV players including lunch & afternoon snack plus the PSA Rugby Academy Player Pack & Player Development report.

*Packages do not cover transport costs to Roscrea, spending money at the Academy shop or any additional costs outside of the standard package. Booking Ts&Cs apply. See site FAQs for details.

LIMITED TIME, SPECIAL OFFER

Get 5% off with code 'finalwhistle5off' & pay a 40% deposit to secure, if booking before 31 March*

*Closes 23:59hrs, 31 March 2020. Ts&Cs apply.

For more info or to book, see psaacademies.com/roscrea

Testimonials

★★★★★ Rated Excellent on ★ Trustpilot

"Our son loved every minute of the PSA Rugby Academy Roscrea. The staff and coaches were excellent and very kind and friendly. It was well organised and as parents we were delighted in the knowledge that he was happy. He met lovely friends and had a wonderful 5 days. He will return next year!"

Jonathan, 2019 PSA Rugby Academy Roscrea Parent

To read more testimonials, go to our Trustpilot page



Partners



More from PSA Academies

Visit psaacademies.com to learn about our Rugby Academies in France & the UK, high performance team tours and rugby-focussed educational placements in the EU & worldwide.



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